



# THE | SAGE

March/April 2021

*Connecting Lexington residents age 60+ to information, programs, and services.*

## HUMAN SERVICES STAFF

Mon-Fri, 8:30 a.m. - 4:30 p.m.

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[lexingtonma.gov/human-services](http://lexingtonma.gov/human-services)

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## TRANSPORTATION

781-861-1210

## HOME DELIVERED MEALS

888-222-6171

### **Hemali's Highlights: Assistant Director's Report**

I hope everyone is looking forward to the beautiful spring weather as I am. For the next few newsletter editions I'm going to highlight a staff of our Senior Services Division. They are members of my team that make all programming, services, The Sage, and outreach possible all year around.

The first person I want to highlight is Michelle Kelleher, the Senior Services Program Coordinator, without whom programming would not be possible. Michelle started in her role in the spring of 2019 and since then she's offered numerous programs. This past year found Michelle working even harder because of COVID and having to move all in-person programming to virtual programming. She's done an amazing job in helping us keep up with programs and technology needs.

When asked what she loves the most about her job she had the following to say:

- "I enjoy bringing a variety of programs to the 60+ community in Lexington, they are so grateful for the work that I do and I find this extremely rewarding."
- "The older adult population has a wealth of knowledge that they can share which I try to emulate in my own life."
- "I am so grateful to be able to work with all different age groups, whether it is high school students that want to teach technology classes, home health care agencies that want to sponsor programs or seniors who want to lead discussion groups. I love this aspect of my job!"

If you haven't I hope you'll have a chance to meet Michelle, either in person or via Zoom programs, and experience her vibrant personality.

Until next time,

*Hemali*

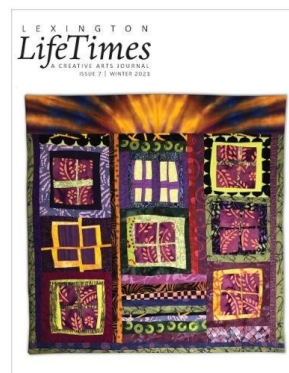


**Lexington LifeTimes**, a creative arts journal published by the Friends of the Lexington Council on Aging, has just announced that the submission deadline for the Summer 2021 issue is Friday, April 2, 2021. A professionally produced bi-annual publication, the Journal features the literary and visual artistic works of those 60+ who live or work in Lexington. The broad selection includes both short fiction and non-fiction, poetry, photography, artwork, and craft.

We are particularly hoping to hear from new voices in our community. All those with talent to share are encouraged to apply.

Guidelines, the application, and the past seven issues can be found at:

[www.friendsoftheco.org](http://www.friendsoftheco.org)



**COVID-19 Vaccination Information:**

The Lexington Senior Services Division is working closely with other Town staff to develop a COVID vaccination dispensing plan for the community. As part of this planning, we are advocating for the needs of our 60+ population and are committed to communicating updates to you as soon as we have them. To help us to understand our seniors' needs and aid us in communicating with you, we are compiling a list of residents who:



- Are home-bound, have mobility issues, or have other barriers that could prevent you from safely getting the vaccine outside your home.
- Are over the age of 65 and/or have any comorbidities that put you at greater risk of complications from COVID-19. Comorbidities could include heart disease, cancer, Diabetes, Lupus, kidney disease, pulmonary disease, Dementia or Parkinson's disease, among others.

Gathering this information now will better help us communicate with you the details of when the Town is able to offer vaccination clinics. You can also stay up to date on the latest vaccine news by visiting [www.lexingtonma.gov/vaccine](http://www.lexingtonma.gov/vaccine).

To be included in our list please reach out to Nurse Asmae El Alami through email or phone at : [aelalami@lexingtonma.gov](mailto:aelalami@lexingtonma.gov) or (781)698-4847

**O.W.L.L. COURSES FOR OLDER, WISER, LIFELONG LEARNERS****O.W.L.L. Spring 2021 Semester Courses**

(Sponsored by the COA and FCOA) *All classes are virtual via Zoom*

**Virginia Woolf: Novelist, Publisher, Madwoman? Does she still speak to us today?**

**4 Fridays, from 10:30 to 12:00, beginning March 5.**

We'll discuss Woolf's influence on the 1960's feminist movement and the relationship between her writing and her bipolar disease. She used her writing to manage the tangled web of family relationships. Course participants are encouraged to read Woolf's essay, "A Room of One's Own" and one novel --*Mrs. Dalloway*, *To the Lighthouse*, and *Orlando*. **Instructor: Gillian Gill**

**Renaissance Musical Masterpieces**

**5 Mondays, from 10-11:30, beginning May 3. (no class 5/31 - Memorial Day)**

This course explores the glorious music of the 14th- 16th centuries through the composers, strange instruments, early harmonies, and illuminated manuscripts of Renaissance Europe. Treat yourself to a trip back in time to the 14 th - 16th centuries, when new harmonies were the cutting edge of musical composition.

**Instructor: Laura Zoll**

**The Power of Persuasion: Rank, Class, Money, Family (and Love) in Austen's *Persuasion***

**5 Wednesdays 10-12, beginning May 12.**

Austen novel is not merely of the challenges of making the right marriage; her keen eye exposes the impact of social, economic, and political realities on individual lives. While Austen's *Persuasion* portrays the challenges of making the right marriage, her keen eye also exposes the impact of social, economic, and political realities on individual lives. This class will explore the complexity of Austen's last complete novel through a close reading of the text. **Instructor: Elizabeth T. Kenney, PhD.**

**Registration begins February 10 for residents, February 17 for non-residents.**

**Sign up at 781-698-4840 or on-line at <https://lexrecma.myrec.com/> search under OWLL courses.**

## Zoom Sign-Up Programs

Sign-up begins February 10 for residents and February 17 for non-residents.

Sign up at 781-698-4840 or online at <https://lexrecma.myrec.com>

### Human Services Zoom Programs

#### Expressive Art - Canvas Flower Art Monday, March 8, 10:30 a.m. - Noon

Together we will bring your canvas to life! Using artificial flowers, canvas and acrylic paints you will create a composition that looks real! Hang this in your home or give as a gift.



#### Downsizing with Beth Sager

Tuesday, March 9, 10:00 - 11:00 a.m.

Are there rooms you no longer use? Is it time to downsize? Downsizing takes a lot of time and a lot of effort and there are a lot of questions, come get some answers.

#### Mindfulness with Lisa

Thursday, March 11, 1:00 - 2:00 p.m.

We will laugh, share mindful insights, practice different meditation and mindfulness techniques recommended by the Alzheimer's Foundation for boosting brain function, as well as easy techniques you can use anytime and anywhere.

#### St. Patrick's Day Grab and Go Lunch

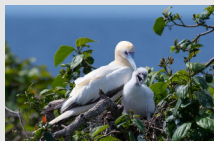
Wednesday, March 17, 12:00 - 1:00 p.m.

Come enjoy a pastrami sandwich, beverage and dessert. Wear your green! *Sponsored by the FCOA*

#### Exotic Turneffe Atoll, Belize - *the Joys of Nature*

Tuesday, March 23, 2:00 - 3:00 p.m.

Escape to the exotic nature of this remote tropical island off the coast of Belize. Away from the cruise ships of the mainland soar magnificent frigate birds and red footed boobies. Winter migrants, including warblers and hummingbirds, can also be seen. Join us for images of this beautiful place.



#### COVID Scam Presentation w/Aiden LPD

Wednesday, March 24, 2:00 - 3:00 p.m.

Seniors lose billions of dollars every year to scammers. Join Det. Evelyn from the Lexington Police to learn some quick tips to help avoid being a victim.

#### Covid-19 & Senior Adults: The Aftermath

Wednesday, March 31, 11:00 a.m. - Noon

We will discuss the diagnosis of seniors in the early stages of the pandemic and what we have learned. Presented by Maryellen King, Dir. of Community Relations Concord and Nashoba Park.

#### Pushing the Envelope - a History of the US Post Office

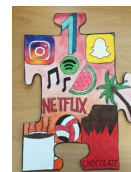
Thursday, April 8, 10:00 - 11:00 a.m.

By viewing images of vintage US postage stamps, learn about the history of the US Post Office from the first letters carried to the current postal controversies. See images of the many ways mail has been carried. Presented by Henry Lukas, Education Director at the Spellman Museum of Stamps & Postal History at Regis College in Weston.

### Human Services Zoom Programs (continued)

#### Expressive Art - Creating Puzzle Piece Collage Monday, April 12, 10:30 a.m. - Noon

We have large blank puzzle pieces to be decorated and then added to the collective puzzle and displayed at the LCC. Our goal is to have a puzzle collage made by our seniors during the time we were physically apart but mentally together! Decorate on your own or with Erica. You will be contacted by Michelle to get your piece.



#### Grab and Go Breakfast

Thursday, April 15, 9:00 - 10:00 a.m.

Enjoy a breakfast sandwich, beverage and fruit. *Sponsored by the FCOA.*

#### How to Write & Self-Publish Your Story

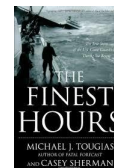
Tuesday, April 20, 6:30 - 7:30 p.m.

Henry Quinlan, a publisher, offers writing tips that will make your reader engaged, your title attractive, and a secret to recovering your costs within a very short period.

#### The Finest Hours with Michael Tougias

Wednesday, April 28, 7:00 - 8:15 p.m.

New York Times bestselling author Michael Tougias will give a slide presentation on his book *The Finest Hours: The True Story of the U.S. Coast Guard's most daring sea rescue*. On February 18, 1952 an astonishing maritime event began when a nor'easter split in half a 500-ft long oil tanker, the Pendleton, one mile off the coast of Cape Cod. Incredibly, twenty miles away, a second oil tanker, the Fort Mercer, also split in half. Thus, began a life & death drama of survival, heroism, and tragic mistakes.



### Other Zoom Programs

*See individual sign up directions below for each program*

#### Computer and Technology Discussion Group

Wednesdays, March 3 - April 28, 10:00 - 11:30 a.m.

Visit <http://LCTG.toku.us> for upcoming meetings. This page also has information on how to join. Once a member, you will receive a weekly reminder of the next meeting topic with a link to Zoom.



#### Current Events Discussion Group

Join us for a lively discussion of the issues of the week. All are welcome regardless of political views.

Fridays, March 5 - April 30 at 1:15 p.m.

Sign up at [bob@metaprosystems.com](mailto:bob@metaprosystems.com)

#### Deep Thought Discussions on Wednesdays

<https://www.facebook.com/deepthoughtslex>

March 3 - Why isn't America the best and happiest country?

March 10 - The Ides of March. Death, dying, estate planning, coping with aging

March 17 - How to be a better person

April 7 - Failure. Celebrate it, or feel guilty?

Zoom.us/join, Meeting ID: 392-906-8802, Password: BOSTON



## Outreach



### Looking for Seniors to share their personal history!

**Sages & Seekers** is a free, 7-week intergenerational program designed to bring together teens and seniors (65 and older) to share their unique gifts. You, our seniors, have so much to offer the world as you are the keepers of memories and wisdom. The goal of this program is to pair you with a Rivers School Students with whom you will meet remotely once a week to share your life experiences. It will be 1:1 with the same student each week. Last year was the first year we did it remotely due to COVID, and our participants were thrilled with it. It gave both the seniors and students a much-needed connecting point during a challenging time. For more information contact Natalie Massarotti [nmassarotti@comcast.net](mailto:nmassarotti@comcast.net) or phone 978-460-3711. Website: <https://www.sagesandseekers.org/>

### One-on-One Appointments at the Community Center

Limited one-on-one in-person appointments are available for issues/concerns that cannot be handled by phone or virtual appointment with staff.

**For an appointment with a Human Services staff person, please call 781-698-4840.**

**For an appointment with a Recreation & Community Programs staff person, please call 781-698-4800.**

### Virtual Caregiver Support Group

**Tuesday, March 2 & April 6, 5:30 - 6:30 p.m.**

**Sign up at** [sgunda@lexingtonma.gov](mailto:sgunda@lexingtonma.gov)

Caring for a loved one with a chronic illness? Stressed, overwhelmed? Looking for a place to vent and share ideas? Join the Virtual Caregiver Support Group.



### Have questions or need help with technology? Need help navigating through Zoom?

If so, contact Michelle Kelleher at [melleher@lexingtonma.gov](mailto:melleher@lexingtonma.gov) and she will put you in touch with a student from the Intergenerational Outreach Club.



### Scams Corner

#### Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine.

**That's a scam.**

- You can't pay to get early access to the vaccine.

**That's a scam.**

- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number.

**That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at [ftc.gov/coronavirus/scams](https://ftc.gov/coronavirus/scams)

**Join Det. Evelyn from LPD on Scam Presentation**  
(see page 3 for details)



### Fuel Assistance for Lexington Residents

The program is designed for people living on limited incomes who are paying to heat their homes. The income guidelines are calculated based on Federal Poverty Levels.

If you are interested in applying, review the income limits below to find out if you financially qualify. Human Services staff can assist you with completing an application and submitting it to Community Teamwork, Inc., the designated Fuel Assistance provider for Lexington. If you'd like to fill out an application, please call to make an appointment with someone from the Human Services Department. You will need to provide proof of income and expenses, as well as other documentation. Fuel assistance applications for this season can be submitted through **April 30, 2021. Please call 781-698-4855 to schedule an appointment and/or to inquire about the program.**

**Fuel Assistance Annual Household  
Income Guidelines(2020-2021)**

Household Size	Max. Gross Income
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201
5	\$87,233
6	99,265

## Health and Wellness

### Nutrition Talks - (via Zoom)

**Sign up at 781-698-4840 or online at**

<https://lexrecma.myrec.com/>

### Hashimoto's Thyroiditis and Nutrition

**Friday, March 19, 11:00 a.m. - Noon**

Discuss what it means to have this disease and what role diet has in the management of this disease.



### Bone Health and Nutrition

**Friday, April 16, 11:00 a.m. - Noon**

We will discuss which vitamins, minerals and lifestyle are recommended for prevention and treatment of bone disease.

### One-On-One Nutrition Telephone Appointments

**Sign up at 781-698-4840 or online at**

<https://lexrecma.myrec.com/>

Have a virtual conversation with Barbara Collins, Registered Dietitian Nutritionist, to discuss your personal nutrition concerns, a free service available to Lexington Seniors.

### "Ask the Nurse" - All Things COVID

**Thursday, March 4, 1:00 - 2:00 p.m.**

Come get all your COVID questions answered. We will be covering everything from symptoms, vaccines, side effects and everything in between.

**Sign up at 781-698-4840 or online at**

<https://lexrecma.myrec.com/>



### Parkinson Support Group - via Zoom

**Tuesday, March 30, 1:00 - 2:00 p.m.**

**Tuesday, April 27, 1:00 - 2:00 p.m.**

For more information or to register contact the Human Services nurse, Asmae at [aelalami@lexingtonma.gov](mailto:aelalami@lexingtonma.gov) or by phone at 781-698-4847.

### Cooking with Anastasia -

#### Eating for Hashimoto's Thyroiditis

**Friday, March 26, 11:00 - Noon**

We'll cook cauliflower as a main dish using a traditional Greek way of oven-roasting and we will discuss how to cook other goitrogenic vegetables in a way that might be safer for anyone who has an underactive thyroid.



**Sign up at 781-698-4840 or online at**

<https://lexrecma.myrec.com/>

#### Cooking with Anastasia, Eating for Bone Health

**Friday, April 23, 11:00 a.m. - Noon**

We will learn a fast and easy way to cook a fish and seafood stew which helps to support both bone and brain health.

**Sign up at 781-698-4840 or online at**

<https://lexrecma.myrec.com/>

### Life on the Autism Spectrum

**Monday, April 12, at 6:30 p.m.**

Presented by Marcelle Ciampi, M.Ed. (pen name, Samantha Craft) and J David Hall

**To learn more about this program or to sign up visit**

[www.lexingtonma.gov/human-services](http://www.lexingtonma.gov/human-services)

**OR call Sharon Gunda at 781-698-4851 OR email**

[sgunda@lexingtonma.gov](mailto:sgunda@lexingtonma.gov)

### Medicare Questions?

**Certified Shine Counselors are here to help!**

FREE confidential phone or zoom counseling is available on all aspects of health insurance to anyone on medicare.

**Call Lexington Human Services Department at 781-698-4840 to make a phone or zoom appointment with a certified Shine counselor.**



**Tips to "Go Green" and help reduce your contribution to climate change through resource recovery!**

#### Household Food Waste

Did you know that Food Waste Reduction is the #3 solution to reverse Global Warming according to Drawdown.org?

Most of our meals are made and eaten at home right now. Since March 2020, more Lexington households have chosen to compost their household food waste, either in their backyard or with Black Earth pickup service. At last check, 967 Lexington households are diverting their food waste to compost. If you don't think your household generates enough food waste to justify pick-up, talk to your neighbors and maybe you can pitch in together and share a membership.

The town is now offering **free green compost toters** to anyone who signs up for compost curbside service. (Cost is \$99 for the year or \$9.99 per month.) Sign-up and the green toter will be delivered to your front door.

**Visit <https://blackearthcompost.com/> to sign up.**

(Black Earth donates \$10 to Lexington Public School PTAs when mentioned in referral)

## Community News

### Recreation & Community Programs

#### "Coffee Break" w/ Judy Whitney & Theresa Tuesdays, March 2, 9, 16, 23 at 1:30 pm

Join us as we discuss social, emotional, and physical well-being during the Pandemic. In this four-week series we will explore coping strategies to navigate this unprecedented time.



- Challenges encountered during the Pandemic
- Stress reduction techniques (with Hemali Shah)
- Use of technology
- Staying active at home

#### Personal Training Sessions with Judy Whitney via Zoom Tuesday, 3/16 & 3/23 at 9:00 a.m.

#### Wednesday, 3/17 & 3/24 at 10:30 a.m.

Work with a personal trainer for two one-hour sessions. Judy will evaluate you and prescribe the best exercises for you to do at home.

#### Funding provided by the Dana Home Foundation

Register at: [www.lexrecma.myrec.com](http://www.lexrecma.myrec.com)

#### Pine Meadows Golf Club Opportunities:

Exciting seasonal and part-time employment opportunities are now available at Lexington's Pine Meadows Golf Club for the 2021 season.

Pine Meadows Golf Club is looking for individuals with personality and customer service skills for the Pro Shop and Starter/Ranger positions. Positions in Course Maintenance are also available.

All positions provide golf benefits. For more information please contact: John Allen, GM, Pine Meadows Golf Club, New England Golf Corporation, cell: 617-538-1082, e-mail: [ja4neg@verizon.net](mailto:ja4neg@verizon.net)

#### There's More to Explore: Lexington Parks Pop Up Series

Join us each month for free pop up program designed to explore Lexington in a fun and engaging way. Funded through CHNA 15 DoN funds from Lahey Hospital and Medical Center and Winchester Hospital. For more information visit: <http://www.lexrecma.myrec.com>

### News from Cary Memorial Library

The library is hosting these events virtually, so all require registration. Please register at the library's Events Calendar on our website. Sign up for our newsletter for updates on services throughout the continuation of COVID-19.

#### Cooking with Trisha Perez Keneally Fridays, March 5 and April 2 at 10am

#### Socrates Cafe Fridays, March 5 and April 2 at 10:30am

#### Guided Meditation Mondays, March 8 & 22 and April 5 & 19 at 12:30pm

#### Drop-in Knitting Group, Every Wednesday at 6:30pm

#### Monday Night book club Monday, March 15 and Tuesday, April 20 at 7pm

#### Reel Discussions on Social Justice Tuesdays, March 16 and April 20 at 7pm

#### Nature Photography Wednesdays, March 17 and April 21 at 7pm

#### Sewing Circle, Fridays March 19 and April 16 at 10am

#### English for Chinese-Speaking Senior Saturdays, March 20 and April 17 at 1pm

#### Cary Lecture Series: The Black Lives Matter Protests of 2020: An Early History, Saturday, March 20 at 8pm

#### The World of Hayao Miyazaki - Master of Japanese Animation, Tuesday, March 23 at 7pm

#### Hidden Gems of New England with Author Alison O'Leary Wednesday, March 24 at 7pm

#### Wildflowers of Northeastern Massachusetts with Bill Gette Thursday, April 1 at 7pm

#### Paul Clerici and the Boston Marathon Tuesday, April 6 at 7pm

#### Gardening series with Ashley Rooney Thursdays, April 15 at 7pm

#### Cary Lecture Series: The Color of COVID: Reflections on Pandemics Past and Present, Saturday, April 24 at 8pm

### 2021 Minuteman Cane Award

Do you know a person who is at least 80 years of age, a 15 year resident of Lexington, actively involved in the community and an inspiration to others (while exhibiting a creative approach to life through a choice of a second career, a hobby or volunteerism)? If so, consider nominating them for this award. Nomination forms are available in Lexington Center at Michelson's Shoe Store, Theatre Pharmacy, Wales Copy Center, and Cary Library. The form is also available on the Town website at: [www.lexingtonma.gov](http://www.lexingtonma.gov). This outstanding award is presented on Patriots' Day. Completed forms should be submitted to Minuteman Cane Committee, c/o Lexington Community Center, 39 Marrett Road, Lexington, MA 02421 by **Noon, Thursday, March 25, 2021. For more information contact Marie Hill at 781-760-9148.**

### Town Celebrations Committee - Patriots' Day, Monday, April 19, 2021

Commemoration will be VIRTUAL. Programming is under way, and you are invited to visit our website regularly at [patriotsday.com](http://patriotsday.com) to obtain scheduling updates. Please send questions to the committee [celebrationscmte@lexingtonma.gov](mailto:celebrationscmte@lexingtonma.gov)

## Transportation

### Lex Lights The Night! Grab & Go Event

**Friday, March 12, 3:00 - 6:00 p.m.**

Register for this free event to enhance and encourage safe walking & biking (or rolling in a wheelchair). Choose a Ped Pack for walking/wheelchair, a Bike Pack for biking, or a Combo Pack. You will receive lights for your bike or self and reflective material to help you be seen at night. Each pack will include safety and information resources related to active transportation to keep you moving throughout the spring! Many thanks to the Friends of Lexington Bikeway for their sponsorship. **Register at:** <https://lexrecma.myrec.com/>

### Senior Charlie Cards

Until the Community Center re-opens, we will not be able to process Senior Charlie Card applications. The Charlie Card Store has re-opened at Downtown Crossing, to renew your Senior Charlie Card, replace a lost, expired, or damaged one, call: 617-222-3200.

### Medical Ride Appointments

While FISH and the American Cancer Society Road to Recovery program are on hiatus, we are offering replacement rides. Please call us to book or ask questions at: 781-861-1210.

### Lexpress Bus Service

Lexpress is still free for seniors midday from 9:30 a.m. - 2:30 p.m.! Visit [www.lexpress.us](http://www.lexpress.us) for more info. All Lexpress routes start and end at Depot Square in Lexington Center. Lexpress is a "flag" system. Wave to driver as you wait along route to have bus stop.

**Lexpress COVID Safety:** Facemasks/face covering must be worn by drivers and riders on the buses and must cover nose and mouth. Some windows are left open for air circulation. Please leave them open. Drivers clean and disinfect high touch areas throughout the service day and buses are deep cleaned and disinfected each night. Riders are asked to space out on the bus – skip a seat, skip a row from other riders. Some destinations via Lexpress include:

#### Key Shopping Destinations:

Stop & Shop: Route A

Wagon Wheel: Route A

Market Basket: Route B

Burlington Mall: Route B

HMart: Route B

Wegmans: Route B (ask the driver as this is by-request)

Wilson Farm: Route C

Trader Joes: Route C

### Lex-Connect Senior Taxi

Did you know you can purchase your vouchers online? Visit our website: [www.lexingtonma.gov/transportation-services](http://www.lexingtonma.gov/transportation-services)

## Veterans

### Lexington Veterans Association

Join the meeting anytime after 1:00 PM, The LVA meeting will begin with announcements at 1:15 PM. Registration is required. Approximately a week prior to the meeting, a link to register can be found at: [lexmavets.com](http://lexmavets.com).

**Monday, March 8, 1:15 p.m.,**

***"Night of the Assassins", the True Story of the Nazi Plot to Kill FDR, Churchill and Stalin during World War II.***

Presented by Howard Blum, former investigative reporter for *The New York Times*, author of five NYT bestsellers, and contributing editor to *Vanity Fair*. FDR, Churchill and Stalin, the 3 most powerful men in the world, are meeting at a top-secret conference in Tehran. The mission: kill them. The assassins: a specially trained Nazi team. The stakes: the future of the Western world.

**Monday, April 12, 1:15 p.m.,**

***"They Were Good Soldiers", the Role of African-Americans in the Regiments of the Continental Army."***

Presented by John Rees, historian and specialist in the Continental Army, author and Reenactor. Rees examines the wartime duties and experiences of African-Americans, both free and enslaved, who served in the Continental Army, shedding light on their treatment, their postwar fortunes and the increasing racial bias they faced.



Lexington Human/Senior Services  
Lexington Community Center  
39 Marrett Road  
Lexington, MA 02421

Deliver to Current Resident



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### **The Friends of the Council on Aging (FCOA)**

**Peter Holland, President \* Suzanne Caton \* Sudir Jain \* Janice Kennedy \* Mickey Khazam  
Lorain Marquis \* Shirley Stolz \* Jane Trudeau \* Emery Wilson \* Chris Worcester**

The "Friends" is a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals, and services. For more information please visit their website at [www.friendsoftheco.org](http://www.friendsoftheco.org).

### **The Council on Aging Board**

**Betty Borghesani, Co-Chair \* Julie Ann Shapiro, Co-Chair \* Ellen Cameron, Vice-Chair  
Camille Goodwin \* Gerry Howell \* Sudhir Jain \* Jyotsna Kakullavarapu \* Rich McDonough  
Sandra Shaw \* Bonnie Teitleman, Secretary \* John Zhao**

The COA Board meets monthly via Zoom. The next meeting is March 3 & April 7, 2021  
from 2:30 - 4:00 p.m. Working in collaboration with Human Services staff, the COA advocates  
for Lexington seniors and advises the Town Manager on policy issues.

### **Newsletter**

*The Sage* will be sent automatically by mail to Lexington residents age 60 and over. Please consider helping us  
"Go Green" and save money on printing and postage by getting your newsletter by e-mail. If you would like to  
receive the newsletter electronically, please sign up at [www.lexingtonma.gov/email](http://www.lexingtonma.gov/email)

To be removed from the Post Office mailing, please email [gjefferson@lexingtonma.gov](mailto:gjefferson@lexingtonma.gov)



### **Your Public Officials**

The Select Board have weekly office hours to meet with interested citizens to receive comments, suggestions, and concerns.  
Reach the Select Board Office by phone at 781-698-4580 or by email at [selectmen@lexingtonma.gov](mailto:selectmen@lexingtonma.gov).

Select Board	Day/Time	Location
Douglas M. Lucente, Chair	By phone appointment	By phone appointment
Jill Hai., Vice-Chair	By phone appointment	By phone appointment
Joseph N. Pato	By phone appointment	By phone appointment
Suzanne E. Barry	By phone appointment	By phone appointment
Mark Sandeen	By phone appointment	By phone appointment